

## What is Positive Parenting-Discipline Your Kids the Happy Way

**Positive** parenting -- sometimes called **positive** discipline, gentle guidance, or loving guidance -- is simply guidance that keeps our kids on the right path, offered in a **positive** way that resists any temptation to be punitive. The definition of punitive is inflicting or intended as punishment and punishment is defined as severe, rough, or disastrous treatment.

Here are 8 tips on practicing positive discipline.

### Tip 1: Focus On The Reasons Behind The Action

There is always a reason why children misbehave even though the reason may seem silly to the parents. It *is* reasonable to the child and that's why they behave that way. If parents can address the cause directly, even if they don't get what they want, children would feel that their needs are acknowledged. They can then move on without the need to misbehave. They may still be grumpy, but they do not need to act out once they feel understood.

### Tip 2: Kind And Firm Discipline

Be kind to model how to be kind and respectful to others. Children learn by mimicking others and parents are their primary role models. When a parent yells, humiliates or calls a child names, the child learns to do the same when he's upset. The opposite is also true. When a parent is kind and respectful despite being upset, the child learns to deal with difficulties with composure and respect. Being kind also helps a child to calm down, be receptive to reasoning and more likely to cooperate.

### Tip 3: Time Out Yourself

Yes, you heard that right. You need to take a time-out yourself when needed. It is inevitable that sometimes parents are just exhausted and angered by children's unruly behavior. But this is the true do-as-I-say-AND-as-I-do moment if you can calm yourself down and speak in a respectful and firm way. Think about this, if something doesn't go your child's way, do you want him to blow up, or do you want him to have the ability to control his own emotion and remain respectful?

### Tip 4: Be Non-Punitive. Be Creative.

According to [Positive Discipline: The First Three Years](#) by Dr. Jane Nelsen, punitive punishment produces Four Rs that do not help a child learn – **Resentment, Rebellion, Revenge and Retreat**. Oftentimes, punishment cannot stop bad behavior and it also doesn't teach good ones. A positive, non-punitive response is much better at settling an overstimulated child and engaging her in learning new behavior. One such response is to use **positive time-out**. Positive time-out differs from conventional time-out because it is non-punitive. It is not a punishment. The child is removed from stimuli that creates or aggravates the misbehavior and put into a place to cool off and feel safe.

[Continued on page 2....](#)

kind



RESPECT

Continued from previous page...

#### Tip 5: Be Clear, Be Consistent And Follow Through

Decide and explain the consequences of violating limits clearly before being enforced. In addition, parents need to be consistent and follow through on them. If a parent is not consistent, there will be confusion. The child may keep testing or challenging the limits to see what else can happen.

#### Tip 6: Understand Brain Development And Age-appropriate Behavior

Children under the age of three cannot reason because the part of their **brain** (prefrontal cortex) responsible for understanding consequences and making sound judgment has not yet developed. So for children in this age group, redirection instead of reasoning or giving consequences should be used.

For older children, you can help their cognitive development by reasoning and giving them choices.

#### Tip 7: Make It A Learning Opportunity

When children are old enough to reason (older than three), every misbehaving episode can be turned into an invaluable life lesson.

For instance, what is the lesson of breaking a toy? It means the child cannot play with it any more. If he didn't like the toy, he should have given it to a friend or donate it so that others could enjoy it. If he broke a toy out of frustration, help him find other outlets to release the anger such as punching a pillow. It is also a good opportunity to give him vocabularies to explain his feelings ("I am angry because...") rather than acting out. You are helping him develop his communication skills at the same time.

#### Tip 8: Be Patient And Don't Despair

Positive discipline most likely won't produce the behavioral change parents want overnight. It is not about getting fast results. It is about teaching behavior that parents want their children to emulate over time. It **will take longer** to see real changes because children need **repetitions** to learn. It can be weeks or even months before your child starts to get it. But when that happens, it will be very rewarding and the benefits will **last a lifetime**.

Excerpts taken from: [www.parentingforbrain.com/what-is-positive-parenting](http://www.parentingforbrain.com/what-is-positive-parenting)



# Cooking with Kids

There's no better time to get your children involved in cooking than winter—we're all forced to be inside more, and there's something cozy about being in the kitchen together. Research has shown us that kids who are exposed to cooking eat more healthfully and try new things. And the benefits aren't only health-related either; teaching your children cooking basics can boost their confidence, inspire conversation, strengthen math skills, and foster independent thinking.

It's important to begin one step at a time and first determine what sorts of cooking tasks your children can *safely* and *confidently* complete. Giving them too many tough tasks too quickly can set the stage for disaster. To keep you and them organized, establish firm roles at the start of meal prep, and give them just a job or two to focus on.

**Preschoolers** have limited dexterity, so should be given tasks that involve less fine motor work. Think:

- finding and fetching ingredients from the fridge and pantry,
- tearing leafy greens or fresh herbs
- stirring and mixing ingredients together
- mashing potatoes, yams, or turnips
- garnishing dishes with spices (or baked goods with sprinkles). Just be sure to measure out ingredients for them in advance if you want them to decorate or garnish anything!

**Kindergarteners and young elementary-schoolers** love to get their hands into things. Put them to work by:

- Washing and cleaning dishes; fill up a sink with soapy water and let them have at it
- Scooping, kneading or forming dough
- Preparing pans or bakeware by oiling, greasing or lining
- Spreading jams, peanut butter, or frosting
- Squeezing or juicing citrus and pouring ingredients into mixing bowls.

As there are so many benefits to cooking with your kids, there's really no reason not to get started right away. It may even help improve *your* health if you've traditionally avoided spending much time in the kitchen.



## The ABLE Act

For too long, people with disabilities could not save for the future out of fear of losing their benefits. Advocates fought hard to change this, resulting in the federal **ABLE Act** and the **ABLEnow** program.

**ABLEnow** accounts are made possible by the Stephen Beck, Jr., Achieving a Better Life Experience (**ABLE**) Act of 2014, considered the most significant federal legislation to address needs of persons with disabilities since the Americans with Disabilities Act. The **ABLE Act** authorized states to establish tax-advantaged savings programs for individuals with disabilities, aimed at relieving certain financial obstacles and recognizing the extra and significant costs of living with a disability.

**ABLEnow** accounts help individuals with disabilities save money to pay for qualified expenses, without being taxed on the earnings – and in most cases, without losing eligibility for certain means-tested benefit programs.

### Benefits of ABLEnow

#### Flexible

**ABLEnow** accounts are designed to be flexible – easy to manage, easy to contribute to, and easy to use. Pay for a range of qualified disability expenses with your **ABLEnow** Card, available to all account holders at no additional cost.

#### Tax-Advantaged Savings

Earnings grow free from federal taxes. In addition, some states may offer state tax incentives.

#### Works With Other Aid

Generally, funds in an **ABLEnow** account are disregarded when determining eligibility for certain means-tested benefits programs, such as Medicaid and Supplemental Security Income (SSI).

Visit [www.able-now.com](http://www.able-now.com) for more information.



WV Birth to Three/RAU 7  
1411 North Walker Street  
Princeton, WV 24740  
1-866-207-6198  
304-425-2926